

TCS/GEN/131/2022-23

Date: 30-11-2022

CIRCULAR

VALUE OF THE MONTH: UNITY IN DIVERSITY التتوع في الوحدة

SUBJECT: IMPORTANCE OF BREAKFAST

Dear Parent,
Greetings from the Central School Dubai!

#WAKEUPWEDNESDAY

Breakfast is often called 'the most important meal of the day'. Refer to the enclosure to know the importance of breakfast and its benefits and for some healthy breakfast ideas to prepare for your family.

Regards,



Syed Ali Haider Rizvi
PRINCIPAL

IMPORTANCE OF BREAKFAST

HEALTHY MIND

Studies show that students who eat a balanced breakfast.

- Think clearly.
- Are more alert and focused.
- Are more energetic and creative.
- Concentration improves.



HEALTHY BODY

- It keeps our digestive system in proper balance.
- It helps us in reducing acidity, fatigue, balances our blood glucose and lipid levels, helps us in choosing right food combinations.
- Healthy food are rich in nutrients and vitamins.
- Our body rely on these nutrients to function and stay healthy.



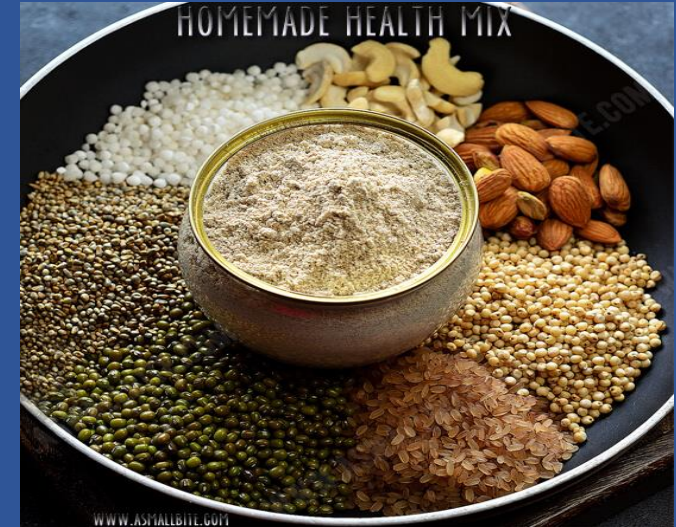
BREAKFAST OPTIONS – VEG



Adai



Muesli



Health mix porridge



Poha



Millet noodles



Pesarattu

BREAKFAST OPTIONS – NON VEG



Chicken millet pasta



Egg dosa



Bread omelette

Swasthi

Bread omelette



Chicken kathi roll



Chicken sandwich



Roti with mutton curry